

HELP HELP HELP HELP HELP HELP HELP HELP

## TEEN HELP CARD

FREE OR LOW COST SERVICES FOR TEENS

at the Frederick County Health Department

☆ Birth Control ☆ Pregnancy Testing ☆ STD Testing and Treatment ☆  
☆ Emergency Contraception ☆ HIV Testing ☆ Health Care for Pregnant Teens ☆

***Services are Confidential***

301-600-1739

<http://www.co.frederick.md.us/healthdept>

updated 1/07

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1/07

### **Community Services**

Dept. Social Services 301-600-4555  
Mental Health Services 301-600-1755  
Drug/Alcohol Services 301-600-1775  
WIC 301-600-2507

### **Helping Hands**

Family/Domestic Violence 301-662-8800  
Narcotics Anonymous 1-800-543-4670  
Alcoholics Anonymous 301-662-0544  
Al-Anon 1-800-344-2666

Families Plus! 301-694-9002  
Family Partnership 301-600-2206

### **24-Hour Hotlines**

Youth Crisis Hotline 1-800-422-0009  
Suicide Hotline 1-800-784-2433  
AIDS Hotline 1-800-232-4636  
Runaway Hotline 1-800-621-4000  
Rape Crisis Hotline 301-662-8800  
Frederick County Hotline 301-662-2255  
Poison Control Hotline 1-800-222-1222

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